

EVENTS



November 19

Last day for Thanksgiving Adopt-A-Family Donations 307-4514

Euchre Night at Mulligan's 7pm

Call 307-4344 for more info.
Smart Girls Club Meeting 6-7:30pm
Bldg 780 Gym Ages 7-14

November 20

Ladies Night Out

Selfridge Bowling Center 7pm

November 21

Military Family Month Special

11am-6pm Selfridge Bowling Center

November 23

Youth Sports Open Gym -

Basketball Darts 6:15-7:45pm
Ages 11-17 Bldg. 780

November 28

Military Family Month Special

11am-6pm Selfridge Bowling Center

November 30

Youth Sports Open Gym - B-ball

Shoot Out 6:15-7:45pm
Ages 6 & up Bldg. 780



Offers top-quality customer service and a variety of lodging selections to choose from.

Rates range from \$35 - \$75! (\$3/guest additional occupancy charge)

Available to all authorized MWR patrons, family members and guests.

Visiting family members are eligible to stay at Selfridge Lodging, offering a safe location and close proximity to the local area.

**Call for a reservation today!
Reservation line
(586) 307-4062
24 hours/day - 7 days/week**

MWR welcomes all members of the military community to take advantage of all we have to offer - service members (Active, Reserve & Guard) civilian employees, military & civilian retirees, contract employees, their families and authorized guests.

Big Dippers

Four New Soup & Sandwich Pairs for Delicious Dunking!



**All Fresh—
All Delicious!**

**Reggie's
PUB**

Only \$5.95

Mon-Sun 11am-6pm

Pair your choice of any Reggie's oven toasted Signature Sandwich, Low Carb Wrap or Masterpiece Creation with a cup of Chili, Cheesy Pub Soup or Soup of the Day

Monday

Chicken Noodle

Tuesday

Cream of Mushroom

Wednesday

Tomato

Thursday

Manager's choice

Friday

Clam Chowder

**Ask about the VIP Program!
Buy 6 Combo Meals -Get the
7th FREE!**

**Reggie's Pub is located in the
Selfridge Bowling Center
Bldg 826 (586) 307- 2529**



**Mulligan's Daily Specials
\$4.95**

**Available Tuesday – Friday
11am-1pm**

Ask about the

Chef's Daily Special

**Call ahead for quick service
(586) 307-2837**

November Specials

- 2 – Chicken Fettuccine Alfredo
- 3 - Taco Bowl w/ Mexican Rice
- 4 -Turkey Stew w/ Biscuit
- 5 - Beer Batter Fish and Chips
- 9 - Breaded Catfish Tender Basket
- 10 - Salisbury Steak
- 11 - Closed
- 12 - Beer Batter Fish and Chips
- 16 - Baked Meatloaf
- 17 - Hot Roast Beef Sandwich
- 18 - Sweet & Sour Chicken
- 19 - Beer Batter Fish & Chips

Preparing Your Car for Winter Auto Check List

By Eugene Yuells, USAG-M Safety Office

As all Midwesterners know, winter usually brings driving snow, blistering wind and treacherous ice. Advance preparation and planning for the winter driving season can make the difference between a minor inconvenience and a potentially dangerous situation. This winter checklist is a guide to readying yourself and your car for the challenges ahead.

Winterize your car - Autumn is a perfect time to familiarize yourself with the basic functions of your motor vehicle and where essential components are located. Your best reference is the vehicle's owner manual, which details the ins-and-outs of your car, down to the maintenance schedules and fluid requirements. Once you've consulted the owner's manual, be sure to have a certified automotive technician check the following:

Wipers, tires and lights - Wiper blades should be replaced every six months. Windshield washer fluid should be full and should have a low freezing point. Tires should be inspected for wear and should be properly inflated according to manufacturer recommendations. Before hitting the road, make sure all lights and signals on the vehicle are operational.

Engine - Your motor vehicle's oil filter should be changed every 3,000 miles or three months-whichever comes first. The air filter should be inspected, too, and replaced as needed. Fuel filters should be checked for clogs or leaks. A thorough inspection of the ignition system should include spark plugs and wires, distributor, emission system components and the fuel-injection system. If necessary, have an auto technician tune the engine.

Battery - Have the battery load tested for weakness. Be sure all contacts are clean and cables are secure.

Cooling System - Check the level and freezing point of your vehicle's radiator fluid. The freezing point should test to at least 35 degrees below zero. If necessary, add a 50/50 mixture of antifreeze and water (the water reduces the corrosive nature of antifreeze). Check all hoses; they should not be excessively soft or brittle. The cooling system should be flushed every other year.

Braking System - Check the brake fluid level. If your car's brakes squeal or pull the vehicle to one side when applied, or if the pedals feel soft when pumped, have the brake system inspected.

Transmission - Check the transmission fluid level of your vehicle. Add fluid and change the filter if necessary. On rear-wheel drive cars, check the level of fluid in the differential.

Underneath the car - Lubricate the steering linkage according to the owner's manual. Have the exhaust system inspected for leaks that could affect the engine performance and possibly allow deadly fumes to seep into the car.

Doors and locks - Make sure that all working parts on your vehicle's door are properly lubricated. Frozen door locks can be overcome by using commercially available lock de-icers, never use hot water. Other methods to open frozen locks include aiming a hair dryer at the frozen lock or heating the key with a lighter or match.

URGENT CARE CENTERS

If you haven't visited urgent care centers lately, now is a good time to become acquainted with our quality services and specialists. From extended urgent care hours to enhanced outpatient rehab, we're constantly growing and changing to better meet your health needs.

- **Urgent Care**
Weekdays, 8 a.m.-10 p.m.
Weekends and Holidays, 10 a.m.-6 p.m.
- **Physical Therapy**
- **Mammography & Ultrasound**
- **Physician Specialists**



Chesterfield Health Center
30795 23 Mile Road
Chesterfield Twp.
(586) 421-3050

Fraser Health Center
15717 Fifteen Mile Road
Clinton Twp.
(586) 286-3850

Auto Craft Center

Building 104 (586) 307-4535

Hours of Operation:

Monday, Tuesday, & Wednesday 11am-8:30pm
Saturday & Sunday 9am-4:30pm

Let our trained staff assist you with your next vehicle repair project! Open Veteran's Day 9am-4:30pm

Save \$\$\$
Do-it-Yourself



On the Shelf @ the Library

By Jo Ann Bonnett
Librarian

Selfridge Library provides services and materials in many formats to meet the informational, educational, and recreational needs of the community! Public services include Internet access, online reference/research databases, New York Times Best-Sellers, worldwide interlibrary loan, music on CD, books on cassette and CD, movies on DVD, a wide-ranging selection of periodicals, local and national newspapers, foreign language materials, ACES (Army Continuing Education System) Reserve Collection, online public library catalog, photocopy equipment, and separate adult, young adult and juvenile collections.

For further information, the Library can be reached at 586.307.5238.

A FEW OF THE NEW TITLES AWAITING CHECKOUT:

ADULT NONFICTION

Bringing Tuscany Home: sensuous style from the heart of Italy

Shadow War: the untold story of how Bush is winning the war on terror

Combat Jump: the young men who led the assault into Fortress Europe, Jul 43

The Allure of Toxic Leaders: why we follow destructive bosses & corrupt politicians

Nice Girls Don't Get the Corner Office: 101 unconscious mistakes women make that sabotage their careers

ADULT FICTION

Light on Snow (Anita Shreve)

The Plot Against American (Philip Roth)

Any Place I Hang My Hat (Susan Isaacs)

The Prince of Beverly Hills (Stuart Woods)

Double Homicide (Jonathan & Faye Kellerman)



MOVIES on DVD

Jersey Girl (Ben Affleck, Liv Tyler)

The Fog of War (Robert S. McNamara)

Twisted (Ashley Judd, Samuel L. Jackson)

The Ladykillers (Tom Hanks, Marlon Wayans)

Man on Fire (Denzel Washington, Dakota Fanning)

YOUNGADULT TITLES

Bro

Family Violence

Spy High Mission Two: chaos rising

Eager: am I human? am I a machine...

JUVENILE TITLES

Good Night Gorilla

Henry Bear's Christmas

Problem Solving & Word Problems

It's a Miracle: A Hanukkah storybook

Outdoor Recreation

By Barb Ferrence
Outdoor Recreation Manager

Winter sports enthusiasts should stop in and check out our line of Rossignol Cross Country and Downhill Skis, Boots and Poles, as well as our new Ice Skates and One Man Ice Shanties. Winter Seasonal Equipment Rentals officially begin 2 November 04 and will run through 1 April 05. So, come in and get geared up for winter. Two Man Ice Shanties and Gas Powered Augers are also available at reduced rates for the entire winter season.

Boaters are you looking for a place to clean, shrink-wrap and store your boat for the winter months? Look no further than the Outdoor Recreation Center. Boat power washing will be available for half-hour rental blocks between the hours of 10 AM and 4 PM, Tuesday through Saturday at the rate of \$6.00 per half-hour block. Boat shrink-wrapping is also available; rates are based on length and beam of boat and start at \$100 plus. Boat power washing and shrink-wrapping are both available by appointment only. Contact the Outdoor Recreation Center at (586)307-5499 for appointment times and prices.

Winter Storage Spaces are still available on a first come first serve basis. Proof of ownership and a copy of the vehicle registration are required prior to storing all vehicles. Vehicles can be stored 1 November 04 through 1 April 05. The Outdoor Recreation Center Boat Launch officially closes for the winter season on 1 November 2004.

Anyone interested in renting a boat slip in the Private Berthing Marina for the 2005 season will be required to register at the Outdoor Recreation Center Bldg. 903 beginning 2 November 04 through 31 January 05. Proof of ownership is required at time of registration.

See ORC, pg. 10

ORC, continued from pg. 9

Slips will be offered on a priority basis to Active Duty, Retired, Reserve and DOD Civilian personnel. Actual boat slip assignments will begin in February 2005 and eligible registrants will be notified by mail.

The Selfridge Five Flags Campground is open throughout the winter months for dry camping only. Reservations are being accepted for the 2005 spring season at this time.

Walkers Club

By: Shannon Wend

Sports Center Specialist

The Sports Center Walkers Club has been an ongoing program since 2000. The club started with five members and currently we have seventeen active members. The program is free to all. Just sign up with the Sports Center staff and we will record your miles for you. Members earn patches for miles walked starting at 25 miles all the way up into the 1,000's. Walk alone or with other members of the club. When the weather is cold outside, walking indoors is a great way to stay in shape. Just 18 laps around the gym floor equals one mile!!!! We also offer treadmills that you can customize to your fitness level.

WALKER'S CLUB MILEAGE AS OF September 2004

John Cary	1,381
Charles Brooks	1,216
Daniel Fruth	1,144
Theresa Beckett	706.5
James Langston	641
Joyce Groller	535
Bob Jozwiak	517
Hazel Robinson	361
Al Walker	297
Bill Webb	295
Brian Lomax	263
Tom Hannon	210
Bettina Boyd	141.5
Rich Lanoo	76
Carolyn Pullen	42.5
Marion McBrien	29
Albert Saunders	13

Michigan Deer Hunting Season

Discounted hunting licenses available for military personnel

With the archery deer hunting season opening Oct. 1 statewide, Michigan Department of Natural Resources officials today reminded hunters to visit deer check stations and information centers operating throughout the state.

Hunters who bring their deer or deer heads to any DNR check station will learn about their animal and will receive a 2004 Successful Deer Hunter Patch in appreciation for assisting the DNR in gathering deer management data.

The check stations are located at several DNR field offices, state game areas, parks, and recreation areas. A complete schedule of field offices and check stations can be found on the DNR Web site at www.michigan.gov/dnr. Before traveling to a specific check station, telephone first to confirm hours and location. Three check stations are strategically located along major travel arteries during firearm season.

A complete list of DNR information stations and deer check stations, as well as DMU maps, hunting regulations, disease surveillance and other hunting information is available on the DNR Website. For more information contact Sarah Mayhew or Rodney Clute, 517-373-1263.

State Department of Natural Resources officials announced discounted hunting and fishing licenses are available as of Oct. 1 at DNR Operations Service Centers and more than 1,700 retail outlets statewide, for active U.S. Military personnel on leave.

The military license discounts are designed to offer a break to Michigan residents who are active military personnel, stationed abroad but home on leave. Those individuals can purchase a fishing license or any hunting license that does not require a separate application, for \$1.

The program has been in place since 1997, but was offered only at DNR Operations Service Centers. In light of increasing troop deployment, the DNR has improved access to the discounts by including retail outlets.

To qualify, applicants must meet the following requirements

- * Active duty personnel
- * Currently a Michigan resident and a resident at the time of enlistment
- * Stationed outside Michigan

Applicants must present proof of military status and leave papers when applying for the discounted licenses.

For more information contact Sharon Maynard, (517) 373-7587.

Family Member Employment Readiness

Job Search Assistance

Receive guidance on resume writing and interviewing techniques. Attend work-shops and seminars. Learn how to find the job that is right for you.

Resource Room

Provides computers to access the Internet to hunt for jobs, create a cover letter, or send a fax to potential employers.

Career

Get assistance with career planning, take a skills assessment, and receive information on furthering your education.

Open to all community members -

Monday - Friday
7:30 a.m. - 4:30 p.m.

For details, contact:

Mr. Kevin Ware at (586) 307-5949

warek@tacom.army.mil

or visit our website:

www.selfridge.army.mil/scseap.htm

Mentoring at Selfridge:

An Hour a Week Can Make the Difference in the Life of a Youth

Think back. Growing up, did you have someone who truly made a difference in *your* life—someone who went the extra mile to help you? Perhaps you had a special teacher or guidance counselor who helped set an example, made you feel needed, motivated you, or simply just listened when you needed it most. A mentor can make a difference in the life of a youth. Volunteering an hour of your time each week is all that it takes.

The Macomb Area Pathways (MAP) is a program, set up by the Macomb Intermediate School District, to meet the needs of junior high and middle school students who need alternative methods to learning. These students range in age from 12-15 years old. They have had difficulty in the past adjusting to traditional school settings, and some have been expelled from their home schools.

The Macomb Intermediate School District has teamed up with the Selfridge Air National Guard Base community to provide a positive learning alternative for these students. MAP is located in Building 1506, in the Southwest sector of the Selfridge Air Base.

Volunteers are needed to be positive role models and work one-on-one with these at-risk youth. You may be called upon to share personal experiences and successes, help with school work, and provide encouragement. Training will be provided, free of charge. Hours are flexible to meet your scheduling needs.

As per a letter sent out by Monika Leasure, Regional Administrator for Career Technical Education for Macomb County, "Public/Private Ventures, a state-sponsored research institute, conducted a survey that reported that those who met with a mentor three times a month for one year were 46% less likely to begin using illegal drugs, 52% less likely to skip school and 33% less likely to get into fights. Students with mentors reported greater confidence in their performance at school and better relationships with their families."

An hour a week can make a difference in the life of a youth! You can be a mentor—you can help make the difference. Contact Victoria Music, the Career Development Facilitator for MAP, by telephone at: (586) 783-3096, or by email at: vmusic@misd.net to discover how you can become a mentor.

Other volunteer opportunities are available in and around the Selfridge ANG Base. Please contact Lori Grein by telephone at: (586) 307-2923, or by email at: GreinL@tacom.army.mil.



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**DEADLINE**

2nd Friday of every
the month

CLASSIFIED ADS

For more information**CALL 307-4159/5404****RATES**

Classified Ad (35 words) \$5
Graphics Ad \$25-\$100

Various sizes available
 Discounts for Selfridge affiliates

CLASSIFIED OFFICE HOURS**Monday-Friday****8:00 a.m. – 3:00 p.m.**

Bldg. 780, Room 4B * Selfridge ANG Base

"Timeless Treasures" Scrapbook for Hire - Love the idea of a one-of-a-kind photo album but lack the time? I'll create your treasure for you! Call Lori Conner at (586) 598-0905 for more information.

Girl's Bedroom Furniture - full/queen headboard; dresser, mirror, large chest of drawers - \$250, **"This End Up" (crate style)** - Chair w/ottoman & recliner - \$50. All in excellent condition. Please call Linda or John @ (586) 465-6266

CONDO FOR SALE - Close to Base and Xways. One Bedroom with den/office, full basement, new kitchen, glass block windows in basement, corner unit. Nice area. All appliances. Must sell. \$93,000. (586) 949-1693.

Kat's Chocolate Fountain

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Employment Opportunities

Job announcements for non-appropriated fund (NAF) positions open at the U.S. Army Garrison are located at www.selfridge.army.mil. Scroll to MWR Jobs. To search for all appropriated fund positions open in Michigan, visit <http://cpol.army.mil>. Go to employment then "Army's Vacancy Announcements. Scroll down the states and click on "Michigan", then click on "Get results."

Janet & Douglas Wescott
 Owners

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